

# Fall 2021 – 7<sup>th</sup>/8<sup>th</sup> Crusader Volleyball, Boys Soccer, Football



## REGISTRATIONS/PHYSICALS/PAYMENT FOR ALL SPORTS ARE DUE BEFORE STARTING PRACTICE

### General Information

- Registration is online! Please visit <https://cathedralcrusaders.org/student-life/fall-sports-at-cathedral/>
- Game Schedules can be found by visiting the CHS website at <https://cathedralcrusaders.org/student-life/fall-sports-at-cathedral/>. You can select your sport and find a PDF schedule you can download, or, click yellow button on top that says “Activities Calendar” and you can select a specific date, or select an entire schedule.
- Student athletes must maintain adequate academic standards as determined by their school in order to participate.
- Email communication to parents will happen if there is a change in games/practices. These announcements are also made at school and to the teams. **We will communicate with you, but your athlete is ultimately responsible for sharing information with you. Coaches will also set up a team/parent notification (app) to keep parents informed.**
- Important websites:
  - <https://cathedralcrusaders.org/student-life/fall-sports-at-cathedral/>
  - [www.graniteridgeconference.org](http://www.graniteridgeconference.org) (scroll for maps of conference schools)
- Your athlete must have a current (taken within the last 3 years) physical on file at Cathedral BEFORE they will be allowed to participate. Please mail or drop off physicals to the Activities Office at Cathedral.
- If you would like to apply for financial aid or make payments, please register your student athlete online under Fall Sports by selecting "Financial Aid/Cash/Check/Manager" rather than their specific sport. After registering them this way, you will receive an email from the Activities Office to discuss payment options or aid. After being contacted and you returning the form, your athlete will be registered.
- Please honor the coaches time by promptly picking up your athlete after practices and games, they must wait until each athlete is picked up, so please be courteous.
- Team pictures will be scheduled, your athlete will bring home a form once the season begins.

### Bus/Transportation Info:

- Transportation will be provided to games/meets as well as practices (included in fee). Parents will need to pick up their athlete after every practice at their practice location.
- Students will also be transported there and back to CHS following out of town games. Transportation home from ‘in town’ games/meets (North JH, South JH, Sauk Rapids, Sartell, Kennedy, SJ Prep and Whitney) must be arranged for by parents/guardians as the bus will NOT bring them back to CHS. **If the athlete is NOT riding the bus back from the game/meet, the athlete may ONLY ride back with their parents and the parents must provide the coach with a note. (Football players will be bussed TO and FROM home and away games so they can put their equipment away).**
- **Location:** The buses for both practice and games will leave door 22 outside the Center Gym right after school each day at 3:15pm. Get on the bus right after school. **Athletes traveling to away games must change into their uniform before they leave CHS.** Julie Murphy will direct them to the correct bus, so just go out to the buses after changing (in the Center Gym locker room, Ms. Leintz can give you a lock for your locker on the first day of school if you don’t have phy ed first semester).
- **Bus Rules:** Riding the bus is a privilege, not a right. If an athlete cannot conduct themselves on the bus responsibly, we will have them find alternate transportation (parents). If an athlete misses the bus, they CANNOT walk to practice, they must call for a ride or miss practice. Bus etiquette – get in your seat, stay in your seat. Pick up your garbage, put your window up before you get off the bus, be quiet... and thank the driver!

- **Food on bus:** Athletes may have a small snack on the bus, but please remember that we are a PEANUT SAFE Campus which also extends to bus rides and sporting events. **Checking on the following for 2021 (new food director):** The a-la-carte line will make a bag lunch for athletes for \$5. If students would like to order a bag lunch (game days), they need to order in the a-la-carte line before school and pick it up in the a-la-carte line after school. Their lunch account will be charged \$5 for this.
- **Return times:** Bus return times will be listed on the schedule for out-of-town games. After these games your athlete will be dropped off at Cathedral. If there is not a bus return time listed, it is an 'in-town' game and you should pick up your athlete at that school. The bus return times listed on the schedule **are only a approximation...** sometimes the busses will be earlier or later. **Please be flexible.** ☺
- **Laptops:** For away games in which the bus is returning to Cathedral, athletes should leave their laptops locked up in their school locker, this is the safest spot for their laptop. At Whitney or in-town games, athletes should place their laptops under their chairs or in their backpacks. Athletes are responsible for their laptops.

### 7th/8th grade Volleyball

**Coaches:** Denise Klein, Liz Hamak, Kate Stangler and TBD

**Preseason Meeting:** There will be a pre-season meeting for parents on August 12th at 6:30pm in the Commons.

**Practices:** Practice starts on August 31 at Cathedral. Some practices/games are held at Whitney, some at CHS.

See 7/8 Volleyball page for a downloadable schedule with practices and games.

**Practice times/dates:** Practices are Monday through Friday from 3:30-5:00pm

**Participation Cost:** \$200

**Equipment:** shorts/sweatpants, t-shirt, tennis shoes, kneepads are highly encouraged. You will receive a blue jersey to use for the season (return at last game). You must provide your own tennis shoes, pads and shorts for games. Most students wear black spandex or black shorts for games. Change into your volleyball shoes in the gym – do not wear your school shoes in the gyms.

**PARKING:** When picking up your athlete from a home game or practice at Whitney, please park in a parking spot, not along the Whitney Center in the Loading Zone. This is used for busses dropping off people for the Senior Center. Please have your athlete meet you in the parking lot, not along the building.

**Teams:** As numbers allow, teams will be split into a more experienced and lesser experienced teams at both grade levels per conference rules. There will be equal number of athletes on each team if split into two.

\*Athletes should bring a filled water bottle to each practice and game.

### 7th/8th grade Soccer

**Coaches:** TBD

**Preseason Meeting:** There will be a pre-season meeting for parents on August 12th at 6:30pm in the Commons.

**Practices:** Practice starts on August 231 on field 4 at Whitney (games on field 11)

**Practice times/dates:** Practices are Monday through Friday from 3:30-5:00pm

**Participation Cost:** \$200

**Equipment:** shorts/sweatpants, t-shirt, tennis shoes or cleats, shin guards. You will receive a blue jersey to use for the season (return at last game). You must provide your own shin guards and shorts for games. Most students wear black or royal blue shorts and royal blue, white or gold socks, but any color is acceptable. Please dress for the weather.

**Teams:** If there are enough athletes for two teams, they will be split into equal ability teams.

\*Athletes should bring a filled water bottle to each practice and game.

**\*WE ALWAYS need soccer officials** – if you are willing, or know someone who is, we are hiring! And, if you or one of your kids who isn't playing, would like to shag balls at the junior high games, please let the coach know – the officials and coaches would surely appreciate it!

### 7th/8th grade Football

**7<sup>th</sup>/8<sup>th</sup> grade coaches:** Rick Fleege, Noah Leintz, Brandon Hartung, Willie Willats

**Preseason Meeting:** There will be a pre-season meeting for parents on August 12th at 6:30pm in the Commons.

**Practices:** Practice starts on August 31st at Rau Field at Cathedral, however, there will be equipment fitting on

August 26th from 6:15-7:30pm in the North Gym (door #5). See 7/8 Football page for a downloadable schedule with practices and games.

**Practice times/dates:** Practices are Monday through Friday from 3:30-5:15pm

**Game locations:** Our “home” games will be held at South JH unless noted

**Participation Cost:** \$200

**Equipment:** CHS provides for the season: football pants, helmet, pads, jersey. Athletes should provide their own cleats, spandex-type girdle, mouthguard, and a shirt to wear under their pads. **Do not** wear your cleats in the locker room or on the bus.

\*Athletes should bring a filled water bottle to each practice and game.

If you have any concerns/questions, please contact Julie Murphy at 257-2120 or [jmurphy@cathedralcrusaders.org](mailto:jmurphy@cathedralcrusaders.org) or Emmett Keenan at 257-2130 or [ekenan@cathedralcrusaders.org](mailto:ekenan@cathedralcrusaders.org).

Parents,

Please support your athlete, your athlete’s coaches, and their officials. Everyone is trying their best and we can all agree that we want these athletes to succeed, enjoy being on a team, and learn to win and lose graciously.

Please be a good role model to these athletes. Yelling at coaches, officials and other athletes paints a negative picture of what good sportsmanship is. Just as you do everyday, please continue to be a great example for your child and their teammates. Together, let’s make a good representation of Cathedral, St. Cloud Christian and Prince of Peace schools, not only to our athletes, but to others in the community.

I look forward to meeting your athlete this season and watching them learn and grow as they progress through 7<sup>th</sup> and 8<sup>th</sup> grade and into high school. If you have any questions, please don’t hesitate to contact myself or Emmett Keenan.

Go Crusaders!

~Julie Murphy